

Contact

MAGAZINE FOR AND ABOUT MEMBERS OF THE 349TH AIR MOBILITY WING
Travis Air Force Base, California

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MARCH 2002

Reservists take aim to fight terrorism



Communication plays vital role in safety issues, pay

Welcome to the March UTA! I need your help with something.

When you get injured on duty, the first thing you need to do is notify your commander.

If your commander is unavailable or unreachable, notify the senior art in your unit. The second thing you need to do is contact the 349th Aerospace Medicine Squadron. Their phone number is 424-3812 and is located in Bldg. 239, Bay D, right down from customer service of the Military Personnel Flight. They have many wonderful dedicated people who will be glad to help you.

The most important thing for you to do is determine whether a Line of Duty, commonly called an LOD, is required. The functional expert for that is either **Master Sgt. Donna Jasinowski** or **Technical Sgt. Kimara Joseph-Fears**. The LOD is the key to medical treatment and other entitlements, so call them! Better yet, go visit! You are covered, incidentally, not just on the job but traveling to and from work as well.

The mobilizations continue. We are now at 471 wing members on active duty. Mobilized since last month are 68 more members of the 349th Aircraft Generation Squadron, 14 more from 349th Component Repair Squadron, 55 more from 349th Equipment Maintenance Squadron and one each from the logistics group and the logistics support squadron.

OWC teams up with Chevy's restaurant

Travis Officers Wives Club welfare fundraiser is set for March 13 at Vacaville's Chevy's restaurant.

Bring your family and friends to eat Mexican food from 5:30 to 9:30 p.m. and Chevy's will donate 20 percent of your bill to the Travis OWC welfare fund. Just drop your receipt into the box as you leave the restaurant.

Travis OWC main goal is to annually give approximately \$15,000 to local and national organizations.

We now have almost one third of our logistic group mobilized! We certainly need the extra help, C-5s are struggling to stay mission capable and they are critical to our nations power projection capability. Also mobilized this last month were two members of the Wing Control Center and two members from the Airlift Control Flight.

I have some award winners to announce! We won two of the three categories for the 15th Air Force nominees for the Air Mobility Command Outstanding Reserve Associate Maintenance Awards. Winning in the officer category was **Lt. Col. Kendall W. Noble**, 349th AGS/CC. Winning in the Airman category was **Senior Airman Travis A. Moilanen**, 349th AGS. Congratulations to both our winners and good luck at AMC!

Congratulations also to the entire Logistics Group who, along with the 60th LG, won the Clements McMullen Memorial Daedalian Weapon System Maintenance Trophy for 2001!

A word about safety. The Chief of Staff of the Air Force is concerned about a recent increase in safety accidents and incidents and directed all Air Force units to take a safety down day to look for ways to improve. Team Travis did that, Feb. 15, and we will have the full time staff brief the results of that effort at the March UTA.

I encourage you to listen carefully and think about what you can do to be safer. While we here in the 349th AMW have an excellent safety record, we have experienced the recent increase that concerns the CSAF.

In addition to all the incidents I briefed at the wing commander call, we recently had one of our airman fall asleep at the wheel. His car ran off the road and he sustained injuries to his head, neck, shoulder and right eye. He also completely destroyed his car.

The question to ask is not "Why didn't he pull over to rest?" but rather, "Will I have sense enough to pull over next time I get sleepy behind the wheel?" Decide right now that the answer will be "Yes!"

In addition to his concerns about



Pass and Review

By Col. James T. Rubeor

safety, the CSAF wants to know what's on your mind. Accordingly, he has established a survey that's available on the web for all service members. The address is www.csafsurvey.com. All members are highly encouraged to take it. I did mine in about 15 minutes. Log on and make your voice heard!

We continue to make progress in our effort to lower our Government Travel Card delinquency rate. The rules remain the same – you are required to use the GTC for all government travel and lodging and you must pay your bill when due regardless of whether or not you have filed your voucher.

You need to be aware of two tools that will help you meet these objectives. The first is called an accrual or partial voucher. You don't have to be completely finished with your temporary duty to file a travel voucher. Simply fill out that portion that you have completed, write "ACCRUAL VOUCHER" across the top and submit it.

The second tool can be combined with the first. In the top left corner of the voucher is a new block called Split Disbursement. As you might imagine, if you check this block and fill in a dollar amount, the money will be sent directly to your GTC account. It will keep you off the delinquent list and out of hot water!

Col. Jim Leli, 349th AMW vice wing commander, and I recently sat on officer promotion boards. Jim sat on the O-4 board in February and I sat on the O-6 promotion board back in October. We want to share some thoughts on OPRs, promotion boards and officership in general. Accordingly, we will have officers calls on Saturday of all the flights in March. They will be at 3:30 p.m. in the Delta Breeze Club.

See you at the UTA!



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Most reservists are familiar with points for service; however, misunderstanding sometimes arises on how points accumulate and earn value toward retirement eligibility.

On the Cover



Taking aim: A security forces' member from Moffett Field practices what he learned during the recent training of anti-terror tactics. The training, set up by members of the 349th Air Mobility Wing, was administered by a civilian organization called Hide, Stalk, Shoot International. Taking advantage of the training were security forces members from active duty, reserve forces and guardsmen. See more photos and a story on Page 6. Photo by T.C. Perkins.

Recruiting tomorrow's Air Force leaders today

Managing cultural diversity is a readiness issue. That is the primary reason why the Air Force Reserve Command and our wing first established the Human Resource Development Council.

Our HRDC is interested in, but not limited to, work force diversity, career development, quality of life issues, assignments, promotions and the mentoring program.

We believe that every member must have the training and opportunity to reach their full potential and career goals. That's because people are our most important asset.

One of the most important initiatives of our HRDC is to ensure fair and equal treatment for all our people. This process does not involve setting quotas nor does it recommend setting arbitrary targets. That is also why during the past several years, 349th Air Mobility Wing HRDC representatives have attended the Women in Aviation, Tuskegee Airmen, and many other conventions to bring back information related to our program.

One of the most significant organizations and conventions recognized

and supported by the command and our wing is the League of United Latin American Citizens. This is one of the nation's largest leading Hispanic organizations respected throughout the Hispanic community.

I am very pleased to report that the 349th AMW has just established its very own chapter of LULAC. This is a real accomplishment because there are no other chapters in the bay or local area.

Although our chapter has not yet been officially named, we are currently considering several different names that have a significance to the 349th AMW. However, the national LULAC committee has designated ours as Chapter 349.

Here are the elected officers of our chapter, President - Senior Master Sgt. Angelo Montalvo 749th Aircraft Generation Squadron, Vice President - Technical Sgt. Phillip Guerrero, 349th AGS, Treasurer - Technical Sgt. Daniel Ayala, 349th AGS and Master of Arms - Master Sgt. William Dismukes, 79th Air Refueling Squadron

In addition to the HRDC goals, this chapter will also be interested in removing barriers to recruiting quality people and



Chief's Counsel

By Command Chief Master Sgt.
Anthony L. Maddux

exploring new and different ideas to help in the retention of qualified people.

We are also interested in finding more people who wish to serve on the council. To be effective, the council must represent all categories of our work force. All ranks are invited and encouraged to participate.

Therefore, if you have the time and are interested in joining the HRDC or our LULAC chapter, please contact any HRDC member or me for further information. That's because mentoring is like the Air Force - a way of life.

Mentoring is more than simply an exercise or planned activity. We must all take an aggressive approach to becoming counselors, coaches, teachers, and guides to those deserving and aspiring men and women who will be the next generation of leaders in the Air Force.

Flight Line: How do you feel our Homeland Defense is working?



SSgt. Diego Sifuentes
349th MSS

"I think Homeland Defense is a great idea. It should be implemented all the time--not just during a threat condition. Everyone should feel secure regardless of the time it takes."



MSgt. Wayne Watts
349th AGS

"I am partially in favor of it, we need to defend America against physical and technological threats. As long as we depend on technology, we are superior but vulnerable."



TSgt. Norman Bolds
349th AMW

"As far as security measures, I'm in full support of it. I think it should have been in place years ago. It is unfortunate so many people had to die before we implemented this security."



Maj. Heather Capella
349th MSS

"I think we are doing a good job. Showing deterrence to terrorists is very important and we are doing that."



SSgt. Jeffrey Wise
349th MSS

"I feel we are taking a step in the right direction. However, we do not want to go to the extreme by taking all of our civil liberties away. I don't want that to happen."



New commander: (left) Col. Ron Rutland, 349th Operations Group commander, and (far right) Lt. Col. Bill Ames, out going 79th Air Refueling Squadron commander, applaud the new 79th ARS commander, Lt. Col. Robert Millmann Jr. Millmann took over command of the squadron Jan. 26. Ames now works in the operations group as the KC-10 deputy commander.

Cold War Medal

The Department of Defense will not create a cold war service medal. The deputy director of officer and enlisted management personnel for the office of the secretary of defense state that after careful consideration, it was decided not to create a medal. He stated further that throughout the cold war years, commanders used a full spectrum of individual, unit and service awards to recognize the achievements and sacrifices of service members.

The cold war medal being advertised and sold on the Internet and at some military clothing sales stores, is not authorized for wear on the military uniform.

AEF rotation cycles

The combination of America's war on terrorism and steady state commitments worldwide has put increased strain on the Air Force's aerospace expeditionary forces. However, except for a few stressed career fields, officials at the Pentagon say normal rotations should be back soon.

"Air Force Chief of Staff Gen. John P. Jumper is committed to the AEF construct — a three-month deployment with a 12-month period at home," said Maj. Gen. Jeffrey B. Kohler, director of operational plans, deputy chief of staff for air and space operations.

"Given the war on terrorism, we had to go through a momentary blip in our rotation schedule," he said. "However, it looks like we're going to be on time in

bringing home about 90 percent of the people who are currently deployed. We will rotate the forces deployed for operations Enduring Freedom, Northern Watch and Southern Watch so that those who deployed first will be allowed to rotate home first to the maximum extent possible."

Purchasing ticket for government travel

Recent policy revisions to the Joint Federal Travel Regulations remove reimbursement restrictions for members who do not utilize commercial travel office for official travel services.

CTO use is still MANDATORY.

However, if a member chooses to arrange transportation through a non-contract travel agent or common carrier direct purchase, they will now be treated like civilians and be reimbursed up to the government cost to procure the transportation. This does not alter the city-pair program or the requirement to "Fly America".

Note: Members will NOT be reimbursed for self-procured tickets when a trip is **cancelled or rescheduled**, if they do not use the CTO. Most tickets purchased will have restrictions and the government will not be liable for nonrefundable tickets or fees associated with re-ticketing when the CTO is not used (the only exception is when it can be documented a CTO was not available—rare cases.)

"We have begun to receive a number of inquiries from the field and by all

indications; the field is interpreting this as a license to go out on Expedia.com, Travelocity.com, etc., for their official travel arrangements," said John McLaughlin, 349th Air Mobility Wing comptroller.

"But this is not a good option since there will be much disappointment for members when their trip is cancelled or changed and they are not reimbursed for their transportation costs." The units will not be authorized to pay for it, even if the commander wants to "take care of the member".

Global Hawk help

The Air Force is experiencing a shortfall of service members to support development and ongoing operations of the Global Hawk high altitude unmanned aerial vehicle.

Air Force Reserve Command expects a tasking to fill these shortfalls for a period of up to one year. Selected individuals would be mobilized for a period of up to one year to forward deploy in support of the RQ-4 weapon system.

Interested individuals can get more information from their commanders.

Troop carrier patches

The 349th Air Mobility Wing is looking into creating a heritage coin. In order to proceed with its development, the wing is trying to locate shoulder patches worn by 349th personnel of the First Troop Carrier Command and the Ninth Troop Carrier Command.

If you have color photos or the actual patches please email michael.gylock@travis.af.mil or call him at (707) 424-5040.

Security forces learn anti-terror

by Capt. James Wallace

Public Affairs

Security forces personnel from the 349th Air Mobility Wing and 60th Air Mobility Wing completed a week of anti-terror tactics training Feb. 1, culminating in assaults on a static C-141 at Travis.

More than 50 active duty and reserve Air Force security forces personnel received training in a variety of scenarios, from ground-based aircraft hijackings to urban hostage situations.

The training, administered by a civilian organization called Hide, Stalk, Shoot International, included classroom instruction and training simulations monitored by experienced anti-terror experts.

Maj. Richard Lucas, commander of the 349th Security Forces Squadron, helped organize the training.

"This training will prepare our security forces to respond to any eventuality. It's a new world, and we have to be prepared for anything and everything," said Lucas. Lucas and Staff Sgt. Neil Cervenka arranged the training with HSS, an organization comprised of active members of law enforcement and special forces from around the U.S. and the world.

The Aircraft Interdiction course taught hostage rescue techniques, air marshal tactics, and tactical command and control for aircraft incidents. Attendees also received instruction on subduing combative subjects in air rage incidents, arrest and control techniques and passenger defensive tactics.

On the final day, instructors set up an aircraft hijacking scenario, requiring an aircraft take-down by newly trained security forces. Security forces personnel used a number of approaches, all of them designed to approach the aircraft stealthily, surprise any hijackers on board, and terminate the situation with a minimum of casualties. Practices went on from early in the afternoon into the wee hours of the next morning.

Security forces also learned High Risk Entry techniques, involving the tactics of entering a room, weapon drawn, with hostage takers possibly waiting for the entry of law enforcement officers. HSS covered policy and liability issues as well as a range of tactical considerations.

Senior Airman Randa Hagen, 349th SFS, expressed her enthusiasm over the realism of the training.

"The training came from people who have actually responded to hostage situations. This added to the realism of the training and their credibility," said Hagen.



Intense training: Staff Sgt. Chad Murphy, 60th SFS (masked); Master Sgt. Juan Gomez, 349th SFS; Staff Sgt. Erica Senneseth, 163rd SFS; and Tech. Sgt. Charlie Sotto, 349th SFS; listen to instruction before executing their simulated attack.

In control: Senior Airman Troy Page, 163rd SFS at March ARB, demonstrates take-down techniques learned during training at Travis administered by Hide, Stalk, Shoot International, a civilian security services training firm.



Ready to charge: Senior Airman Randa Hagen (second from left), trails a shielded member of a security forces squad stealthily approaching a "hijacked" C-141. They are preparing to rescue hostages, neutralize threats, and secure the aircraft, practicing skills gleaned from training. Photos by T.C. Perkins



Above: Two security forces personnel stand ready, ensuring hijackers cannot get out, while military members secure the C-141 aircraft's interior. Above right: Lt. Bob McKean, a civilian police officer and instructor at Hide, Stalk and Shoot International, instructs Staff Sgt. Roscoe Presley, 129th SFS (foreground) and Staff Sgt Brown 129th ANG, Moffet Field (left), during classroom instruction at Travis. Right: Maj. Richard Lucas, 349th SFS commander, explains the importance of anti-terror training to regional television news crews.

SGLI - to whom the money goes...

When the unexpected happens, one of the most important pieces of documentation is the Department of Defense Form 93.

According to officials at the Military Personnel Flight, DD Form 93 is also one of the most neglected pieces of documentation.

"People think it's tedious, and that it's not important," said Staff Sgt. Brandy McCandless survivor benefit counselor, at Travis Air Force Base.

The purpose behind the document is to provide the military with information on personnel's next of kin in case of death, injury or emergency.

McCandless adds that the form is considered updated as long as there haven't been any changes such as a service-member's marital status.

"Anytime changes occur, whether you've just gotten married or you've just had a child, we need to know about it," she said.

McCandless says that updated forms are essential to ensuring next of kin are notified in a timely manner during emergencies.

Not only do updated forms help family members receive information on emergencies in a timely manner, DD Form 93 also ensures the right individuals are the beneficiaries upon an untimely death.

"In cases where there is a loss involved, it's important that we know who personnel wish for their beneficiaries to be," said McCandless. "It's our job to make sure that family members are helped during this transition period."

"Due to Operation Enduring Freedom, it is especially important to update these forms," she said.

McCandless also indicated the information on the form is considered privileged information. The Air Force uses the information only to make emergency contacts and does not release the information without proper consent.

For more information, personnel should contact their orderly rooms or the MPF. *(Information from Tailwind)*



Olympic Honor: Staff Sgt. Jonathan Casero, 349th Aeromedical Staging Squadron and Travis Honor Guard member, assists in posting the colors for the Olympic Torch Relay at Richmond City Hall, Jan. 19. In the crowd observing the honor guard were Congressman George Miller, Richmond Mayor Irma Anderson, Richmond city manager Isiah Turner and various city council members. Members of the 349th Air Mobility Wing desiring to be on the Honor Guard, or who just have questions, should contact Master Sgt. Jon Saunders at 424-5023. (Photo by Master Sgt. Jon Saunders)

AFRC selects Travis crew chief as year's best

by Capt. James Wallace

Public Affairs

Master Sergeant George S. Duncan II of the 349th Aircraft Generation Squadron recently took honors as the Air Force Reserve Command's Crew Chief of the Year for 2001.

The Chief Master Sgt. Thomas Barnes Award goes to the top aircraft crew chief in the command for the calendar year.

Chief Master Sgt. Greg McGee, one of the superintendents at the 349th AGS, expressed his support for Duncan's selection. "Sergeant Duncan is a top

performer in every respect," said McGee. "We singled out his aircraft for Presidential support. He also volunteered to work 19 consecutive 12-hour shifts. All 27 C-5s on which he assisted resulted in successful launches and recoveries. Phenomenal."

Duncan tallied 30 departures with zero delays in April of last year, and garnered a 100 percent Logistics Reliability Rate in March, April, and August of 2001.

McGee also highlighted Duncan's pivotal role in towing a disabled C-5; the Galaxy had lost its nose gear during takeoff. Duncan's expertise allowed the aircraft to be repositioned without further

damage in a first-ever tow of this kind.

However, Duncan's selection as crew chief of the year relied as much on his achievements off-duty as it did his on-duty excellence.

Among his accomplishments as a volunteer, Duncan assisted the Vietnam Veterans "Moving Wall" memorial during its week-long display at Travis last year. His community involvement did not end there; he also participated in civil war reenactments to honor military patriots and heighten awareness of American history.

Duncan will now represent AFRC at the Air Force level of competition.

Ogle receives his silver wings

301st pilot flies away with four out of six awards

Specialized undergraduate pilot training class 02-04 graduated, Jan. 18 from Columbus Air Force Base, Miss.

One of the graduates was 2nd Lt. Troy Ogle, 301st Airlift Squadron.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Ogle received the Air Education and Training Command Commander's Trophy for being the most outstanding student overall in the class.

He also took home the Flying Excellence Award for maintaining the highest flying average in his flight.

Continuing on this path of winning, the second lieutenant also received the Academic Excellence Award for maintaining the highest academic averages in his flight.

The last award Ogle captured was being named as the distinguished graduate.

The graduation speaker was Maj. Gen. Leroy Barnidge, Jr., director of legislative liaison, office of the Secretary of the Air

Force, Headquarters U.S. Air Force, Washington, D.C. The directorate is the liaison between the Air Force and the Congress on issues such as weapons systems, programs, and legislative and constituent inquiries.

The 52-week pilot training program begins with a three-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 Tweet. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying.

Students also practice sight, instrument and cross country navigation flying. Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter or airlift-tanker-bomber track. Both tracks are designed to best train pilots for

successful transition to their follow-on aircraft and mission.

Advance training for the airlift-tanker-bomber track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management in a multi-place crew aircraft.

Flight training includes visual and instrument transition, radar cell formation and simulated refueling and airdrop missions.

Training takes about 26 weeks and includes 185 hours of ground training 43 hours in the flight simulator and 104 flying hours. (Information compiled from Columbus AFB public affairs)



New commander: Col. Ron Rutland, 349th Operations Group commander, and Lt. Col. Sandra Yope, outgoing 82nd Aerial Port Squadron commander, welcome the new 82nd APS commander Maj. Timothy O'Brien. The change of command was Jan. 27. Yope is now the deputy commander for the wing's three aerial port squadrons.

Exercise is part of a healthy lifestyle

Innovations in equipment for the home and office have made quick work of chores. More and more of our waking hours are spent sitting, in front of a computer, in our cars commuting to and from work, and shuttling our families to and fro. While our brains may get a workout, unfortunately our bodies are not.

"Our bodies truly prefer to be in a balanced state, a balance between activity and rest, calorie intake and calorie expenditure, stress and relaxation," said Karen Friedman, a physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington. "When a person experiences too little exercise, many complications can occur."

Complications can include loss of flexibility, muscle mass strength, bone density, endurance and weight gain; activity intolerance; stored stress; poor sleep, cardiac concerns, elevated blood pressure, and more. On the other hand, she said, a well-planned and consistent exercise program can positively impact on all of these concerns.

When we talk about exercise as part of a healthy life-style, Friedman said, we are speaking of making significant long-term changes in daily habits. A healthy life-style is not a hobby that you do whenever you feel like it. It involves making a commitment to look better, feel better and, in turn, perform our jobs and life roles more effectively.

For most of us, exercise does not happen unplanned. Implementing and maintaining a lifelong exercise program involves commitment and strategy. Two key strategies in adopting an exercise routine are to make it realistic and enjoyable.

"Exercise is beneficial for everyone. Our military personnel are in a culture that encourages physical fitness as part of daily routine and readiness requirements, Friedman said. "Civilians may also be in a climate that fosters a healthy way of life, but too often members of both groups find themselves with too little time and too much to do and no time to exercise."

A balanced exercise program, she continued, contains stretching for flexibility, cardiovascular activity to increase endurance, strengthening exercises to increase muscle mass and bone density, and variety to avoid repetitive stress injuries and boredom. Try to exercise 30 to 40 minutes at least three times a week, she recommended.

She discussed a sample program for five exercise sessions a week. Try three sessions of cardiovascular exercise followed by stretching, she said, and two days of strength training with either machines or free weights followed by stretching.

Good choices among cardiovascular activities, she suggested,

include walking or running on a treadmill or track; bicycling on a regular or stationary bike; swimming or water walking; and using cross-training, stair climbing and rowing machines.

Friedman shared some thoughts for beginners and veterans alike:

Set a comfortable level for the first few exercise sessions. Too many people mistakenly start so ambitiously ("no pain, no gain") that they become sore and discouraged. Then they quit. If you haven't exercised for a while, a 15-minute neighborhood walk is a good start.

Begin your exercise session with a warm-up and end with a cool-down. Follow up your exercise with stretching to help ward off soreness and to increase your flexibility.

Slow, gentle stretching exercises are more effective than fast or abrupt movements. Stretching should not cause pain. Never bounce when you stretch.

Dress appropriately. Wear loose, comfortable clothing in light layers that you can remove as you warm up.

Wear the right shoes. Knee, hip and back problems can occur if the shoes don't support your feet properly or they're worn out. Also, orthopedic problems in your legs or

feet may require medical treatment or special shoe fittings called orthotics.

Some people shy from weight training because they don't want to "bulk up." Friedman said the key to gaining strength but not large muscle masses is to do more repetitions (two or three sets of 10 "reps") using light weights.

Exercise when you're most geared up for it. For instance, don't do mornings if you're the kind of person who needs a coffee transfusion to open your eyes. Try not to exercise after dinner, because raising your metabolism when your body is trying to wind down for sleep invites insomnia.

Find out what motivates you to stick with your program. One person might need company and encouragement while another prefers being alone to decompress and ponder.

Get a medical checkup before starting an exercise program, and especially if you've had a recent or current health problem.

Learn proper technique. Exercises done improperly won't give you the results you want, but they will put you at risk for injury.

"Exercise is good for everyone as long as you go about it intelligently," she said. "If you are already fit, think about adding variety to your workout. If you have not been exercising but want to start, be patient, be realistic in setting goals.

"Whatever you do, select activities you enjoy," Friedman insisted. "You will not stick with a program you hate."

(From the Office of the Assistant Secretary of Defense for Health Affairs)



New and improved: The new addition to the base fitness center, along with new equipment, is scheduled to open in April.

Points determine retirement eligibility pay for reservists

by Lt. Col. Tom Deall

Air Reserve Personnel Center

Most reservists are familiar with points for service; however, misunderstanding sometimes arises on how points accumulate and earn value toward retirement eligibility.

Carole Packham, chief of the retirements eligibility division at Headquarters Air Reserve Personnel Center here, has almost 20 years experience in points management and retirement eligibility.

She said it's important for all reservists to understand the full value of points in their careers, and basic to all reserve careers is looking ahead to retirement.

To retire, a reservist must have 20 satisfactory years with the last eight years of qualifying service in Air Force Reserve Command's Unit Program, the Selected Reserve's Individual Mobilization Augmentee Program or the Individual Ready Reserve. These years must be good years in order to count toward a member's retirement eligibility.

"Satisfactory service is defined as 50 points per year to include 15 membership points," Packham said. "These points are centered around a person's (retention/retirement) year, which begins on one day of one year and ends on the preceding day of the next year. If your R/R year starts July 1, 2002, it ends June 30, 2003."

The 15 membership points are assessed for membership in the Air Force Reserve, whether active or not. However, they only count toward a good year when they are included with the 35 participation points. These participation points can be earned through Inactive Duty for Training (IDT), Active Duty for Training (ADT), Extension Course Institute courses and all periods of active-duty service.

As for the last eight years in the Reserve, officers or enlisted members in the regular Air Force must, by law, convert their commissions or enlistments to the Reserve in order to earn a reserve retirement.

For example, if people serve on active duty with a regular enlistment or commission for 16 years, that time counts toward a retirement. However, if they convert to the Air Force Reserve at that point in their career, they will have to serve an additional eight years to satisfy the requirement for a Reserve Retirement.

Reservists earn one point per day for ADT and active-duty periods. They also earn two points per IDT day, better known as a drill day, which is broken down into two 4-hour periods. Members can also earn varying numbers of points for ECI courses depending on the length of the course.

Packham emphasized reservists should keep records of the points they earn to avoid any surprises when they reach the 20-year point.

"Once a person reaches the 20-year point and qualified for retirement at age 60, a letter is generated by the ARPC retirement division," she said. "Though, by law, technicians have up to one year to produce and mail the letter, the ARPC standard is less than four months."

It is this letter, Packham noted, that confirms satisfactory completion of a 20-year career and, more importantly, the person's eligibility to retire.

Once retired, members are considered gray-area reservists. They remain in this status until reaching age 60 when they begin receiving retired pay.

By law, reservists must apply to transfer to the Retired Reserve by filing an Air Force Form 131. As directed on the 131, they must also submit a Defense Department Form 2656 to start their retired pay.

Packham said reservists misunderstanding the points accumulation process is the biggest problem she's encountered throughout her career.

"It's never easy to tell someone that they do not have enough satisfactory service to retire and that they must perform additional service," she said. "To avoid



this, we strongly recommend that reservists verify their eligibility by calling ARPC if they plan to retire but have yet to receive their 20-year letter."

Another area of concern involves the R/R date. It is critical, said Packham, that reservists satisfy their points requirements based on their R/R date since all reservists have different dates.

Reservists can use the IMA Participation Calculator & Scheduler to plan their participation, print out the schedule, share it with their supervisor to ensure they have a good year. This tool is available on the ARPC Web site by clicking on Points under the Requirements, Separations and Points icon.

Whether a unit reservist, an IMA or someone who drills for points only, keeping track of points is critical, especially when it comes to earning a good year toward retirement.

Reservists who have questions or concerns can reach their representative at ARPC by calling 1-800-525-0102, Ext. 71270 or 71272, or speaking directly with Packham at 1-800-525-0102, ext. 71270. (AFRC News Service)

Team effort garners high-level award

by Capt. James Wallace

Public Affairs

“The Chief of Staff Team Excellence Award was truly a team effort between the 349th Component Repair Squadron and the 60th CRS,” said Chief Master Sgt. Jerry Parrish, 349th CRS superintendent, in reaction to learning of his unit’s selection. Travis’ Total Force Jet Dispatch Team was one of five teams Air Force-wide selected to earn the distinction.

The purpose of the CSTE is to recognize outstanding team performance and share best practices within the Air Force. The CSTE goes to a handful of successful applicants from active duty and reserve teams all over the world, and is awarded annually by the Air Force Manpower and Innovation Agency at Randolph AFB, Texas. Every Air Force major command can submit two teams for consideration for the CSTE; this year, 20 teams earned nominee status. The AFMIA selects some winning teams as creators of a “Best Practice” worthy of emulation and benchmarking throughout the Air Force. The Travis team received “Best Practice” recognition in addition to its CSTE selection.

What did the team do? A complex set of variables converged to reduce the

effectiveness of C-5 jet engine maintenance and replacement at Travis. After extensive study of the problem, the Jet Engine Dispatch Team devised a plan and memorandum of agreement signed by squadron and group leadership.

The result? The numbers speak for themselves. The team reduced average number of hours for jet related maintenance 84 percent, from 519 hours per month to just 80 hours per month. At the end of the first year, flightline engine changes went down 23 percent, and spare engine assets increased from a low of 13 to

above the command standard minimum of 22. Total savings to the Air Force totaled well over \$58 million in labor and equipment costs at Travis alone.

Benchmarking by other bases could increase that total. Significantly, quality of life, morale and training all improved as well.

Col. James Rubeor, 349th AMW commander, and Col. Clifford Smith, 349th LG commander, accompanied the team to Washington, D.C. to receive the award from the Chief of Staff of the Air Force in December.

TRICARE offers printed material via internet

TRICARE has a new service called TRICARE Smart that enables individuals or groups to order TRICARE printed brochures and booklets from their homepage.

Go to the TRICARE website <http://www.tricare.osd.mil> and in the Browse A-Z box type in TRICARE Smart. This site will take you to the TRICARE Marketing Administration site. On left,

click on the TRICARE Store; click on ‘Activated Reservists;’ click on ‘Reserve Component Healthcare Benefits Brochure’ then click ‘Checkout’ and follow the directions. (Individuals can use their unit when asked about facility). Other informational material can also be ordered from this site but the RC Healthcare Benefits Brochure touches on Reserve unique aspects related to TRICARE.

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